

New York Wing Drug Demand Reduction NEWS

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Dear DDR Partners:

I have just returned from an intensive 2 day, 12 hour course for Civil Air Patrol Drug Demand Reduction Administrators held in Atlanta, Ga. The conference was fully funded by National Headquarters, and provide an outstanding program on the varied and various aspects of the Air Force and CAP DDR program. The conference provided me with more basic program knowledge, including the scope of the program across the nation.

You will be happy to know that New York Wing's program is definitely moving in the right direction. We have come a long way, and still have a long way to go. With your participation, we can meet our goals to

- Ensure that the CAP cadet programs promote a drug free healthy lifestyle choice for youth;
- Provide a range of activities designed to retain cadets participation in the CAP cadet program;
- Ensure full participation in cadet program activities regardless of the cadets ability to pay;
- Establish a DDR partner squadron at each of the active Air Guard bases in New York;
- Increase to 32 the number of partner squadrons by the end of FY 2002.

Recently, NHQ has sent new DDR posters to every charter in the nation. All squadrons can use these materials to focus on the negative aspects of drug use. We can commend cadets for the choice they have made in participating in the cadet program.

More details on the DDR program are available on the DDR page of the WING website.

<http://nywg.cap.gov/index.html>

The URL for the national DDR webpage is

<http://www.capnhq.gov/nhq/do/ddr/index.html>

Fast Facts on Drugs.....

Marijuana clouds your thinking and your judgment. Pot makes people more likely to do things they might regret later on. More kids are hurt in car crashes and are victims of violence when they use [marijuana](#) than when they are straight. In addition, pot reduces coordination and concentration. It's harder to [do things](#)--like sports, dancing, acting, and studying. Keep in mind that marijuana is illegal: using, holding, buying, or selling it can get you suspended or expelled from school, and even jail time.

Even first-time crack or cocaine users can have seizures or heart attacks, which can kill them. Even one hit of [crack or cocaine](#) can kill you, because it can cause heart attacks, strokes, or breathing problems. Crack and cocaine use is also linked to car crashes, falls, burns, drowning, and suicide. They are stimulants that tend to give a temporary illusion of limitless power and energy that leaves the user feeling depressed, edgy, and craving more. Crack and cocaine are both very addictive. This addiction can ruin your physical and mental health and can become so strong that these drugs dominate all aspects of your life.

Inhalant use destroys the cells and nasal passages that collect the junk that goes up your nose when you breathe. This can cause some nasty problems with your nose. [Inhalants](#), a group of chemicals found in home stuff like aerosols and cleaning solvents, are sniffed or huffed by users to get an immediate head rush or high. In addition to messing up your nose, inhalant abuse can cause liver, lung, and kidney problems, brain damage, nervous system damage, and even death.

Ecstasy-Not exactly! Just forget it! Ecstasy can fry your circuit board. People who take the drug [Ecstasy](#), or MDMA, can have ongoing problems in remembering what they see and hear, a recent study found. Young people who try this drug have lots of problems with their brains--the drug damages it and interferes with normal learning and memory. These problems continue weeks after they stop taking it.

Alcohol sends your ability to drive downhill. You don't need to drink much [alcohol](#) to affect your driving in a bad way. Some driving skills--such as steering a car while responding to changes in traffic--can be impaired by blood alcohol concentrations (BACs) as low as 0.02 percent. The BAC refers to the amount of alcohol in the blood. For most people, it only takes one drink to get this BAC. Staying away from alcohol is the only way to be safe behind the wheel. Driving is a huge privilege-respect it.

These facts and more can be found at the kid friendly website, Freevibe.com. Check it out. There's information for teens, adults, and everyone in between.

Drug Demand Reduction resources for your squadron:

The New York Wing DDR program has the following assets available for use by your squadron. Even if you are not within 30 miles of an ANG base, your squadron can use these items:

TV/VCR. This 13 inch color combination unit can be used at air shows, recruiting events, squadron events, and other community functions. It is currently at the Utica Composite Squadron, but we can make arrangements to get it to you. Contact your DDR administrator.

Display Board. This 6 foot collapsible display is great for indoor and outdoor recruitment and informational events. It can be used indoors or outdoors, and collapses into it's own wheeled travel case. Contact your DDR administrator.

Videos, Videos, Videos. Each charter received DDR videos for use at squadron meetings, at recruiting and educational events. If your squadron cannot locate your copies, contact your DDR administrator.

Computers. Our Wing LO secured donations of a number of older but still usable computers. If your squadron has a need for one, contact your DDR administrator.

Fatal Vision Goggles. The Kentucky DDR administrator was funded for travel to any interested Wing to bring the Fatal Vision Goggles program to outreach, educational and recruiting events. The Goggles simulate conditions of inebriation (drunkenness) at various blood alcohol levels. If you are having a major event, or participating in a large event, this may be a terrific way of letting the public know that the CAP cadet program is all about healthy lifestyles. This would require advance planning to bring the DDRA from Kentucky, but he'd love to come see us in NYW. Contact your DDR administrator.

Posters. Each charter was sent the new DDR motivational poster series. It contained 6-8 posters highlighting various negative aspects of drug use and the positive aspects of the CAP cadet program. If your squadron did not get your set, contact your DDR administrator.

Educational Materials. The DDR administrator has a variety of products and educational materials in print, CD, or electronic media. If your want to develop a stronger DDR component in your squadron, contact your DDR Administrator.

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HELP WANTED:

Cadet Assistant for the DDR program. Successful candidates should be willing to attend SLS, CLS and CAC functions to provide technical assistance to squadrons in applying for and using DDR Incentives funding. The successful candidate will participate in the annual selection of proposals, development of the annual request, and preparation of the final report. The position is guaranteed to provide useful work experience and will look great on your resume. Contact your DDR Administrator.

FY 2001 DDR Incentives Program

Applications for the funding year beginning **October 1, 2001** are due by **August 15, 2001**. Send them to my attention. All squadrons can submit applications (a simple concept statement is good for a first contact). The following squadrons are eligible to receive DDR Initiatives funding:

NY394 Kaydeross Composite Squadron
NY401 Harbor Flight
NY020 Southtowns Cadet Squadron
NY022 Buffalo Cadet Squadron
NY030 Richardell Composite Squadron
NY073 Schenectady Composite Squadron
NY116 Niagara Falls Composite Squadron
NY135 Syracuse Composite Squadron
NY117 Francis Gabreski Squadron
NY153 Suffolk Cadet Squadron
NY159 Dutchess Cadet Squadron
NY162 Utica Composite Squadron
NY173 TAK Composite Squadron
NY247 Suffolk Cadet Squadron
NY228 Nassau Cadet Squadron
NY249 Amelia Earhart Composite Squadron
NY311 Suffolk Cadet Squadron
NY328 Suffolk Cadet Squadron
NY392 Vedder Composite Squadron
NY406 Ft. Drum Composite Squadron
NY407 Syracuse OMJA Composite Squadron
NY072 Rockland Co. Cadet Squadron
NY387 Sullivan Co Cadet Squadron
NY404 E. Ramapo Cadet Squadron
NY141 North Fork Cadet Squadron
Urge your squadron commander to become part of the DDR team-become a DDR partner

